



Robert E. Bush
Naval Hospital

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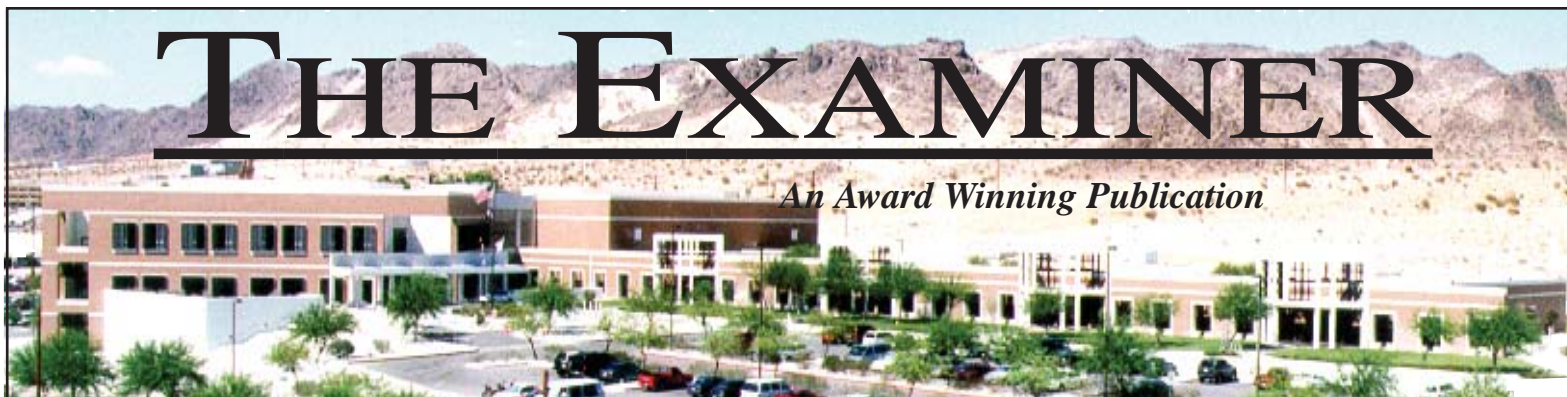
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THE EXAMINER

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2nd Annual Process Improvement Fair Promotes Culture of High Reliability

The NHTP 2nd Annual Process Improvement Fair was a tremendous success with approximately 50 staff members producing 15 posters that ran the gamut from *Reducing the Incidence of Delinquent Industrial Hygiene Survey Reports* from the Directorate of Public Health's Industrial Hygiene Department to *Replacing All Muslin Blue Wraps with Metal Pans in the Main Operating Room and Sterile Processing Department*.

Lt. Cmdr. Leah Sag, Chair of the Process Improvement

Impact Team said, "You would be surprised at how much process improvement goes on in individual departments. The

Process Improvement Fair gives structure to those ideas and allows the Command to evaluate ideas for improvement that

arise from the deckplate."

Ms. Shannel Mathews, representing the NHTP Radiology Department and fellow investigators, Lt. Cmdr. Leah Sag and Hospital Corpsman Third Class Ryan Zieno, took first place with their plan to increase eligible mammography screenings.

Hospitalman Joshua Herrin, representing the Main Operating Room, along with Hospital Corpsman Third Class Vittorio Garcia, won second place with

Continued on Page 5. Please see Process Improvement.



The 2nd Annual Process Improvement Fair was held April 10 in Clinic A.

NHTP Rolls Up Its Sleeves for Earth Day Spring Cleaning

By Lt. j.g. Qianning Zhang
Photo by HMI Diana Rudolf

In celebration of Earth Day, on April 13, NHTP staff members from the Directorate for Administration, Directorate for Medical Services, and the Directorate for Nursing Services mustered outside the main hospital on the helicopter pad to clean the main hospital grounds. Staff members from the Department for Resource Management, Material Management, and the Directorate for Clinical Support Services mustered in the supply warehouse parking lot to clean the supply warehouse. Staff from Directorate for Branch Clinics mustered in the Adult Medical Care Clinic foyer to clean the AMCC.

Hospital Corpsman First Class Christian Tilley, who volunteered to lead the base tasker, briefed all leading-petty officers and first-class petty officers.

Thursday was selected to maxi-

mize participation without compromising patient care. Hospital Corpsman First Class Diana Rudolf said the purpose of the cleanup was "to beautify our hospital with special attention devoted to the bushes and grav-

el." Participants removed litter from outside the main hospital building, the supply warehouse, and the AMCC. They searched for disposable items such as refuse, cigarette butts, and wiring that had accumulated.

Tilley noted the benefits of a cleaner environment, stating that maintaining hospital cleanliness "allows us to project a safe, up-kept, and clean environment, giving off a welcoming and pleasant first impression to the personnel, staff, and families of MCAGCC."

Earth Day improved not only the physical environment, it also fortified the command's esprit de corps. Hospital Corpsman Second Class Balofoma Wembakpete credits the strengthened comradery to the team effort. "It was a fun event on a nice day," Wembakpete said.

Lt. Maria Sweat participated on her day off and appreciated the boosted morale brought about by working outside together. Lt. Cmdr. Virgilio Crescini described the event as "a fun thing to do with the rest of the corpsman. It's one of the best parts of my job," Crescini said.



Hospital Corpsman First Class Christian Tilley directs clean-up efforts on the NHTP helopad during the April 13 Earth Day Spring Cleaning.

Sailor in the Spotlight

Hospital Corpsman Third Class Stephanie Alvarez



By Lt. j.g. Qianning Zhang

Hospital Corpsman Third Class Stephanie Alvarez currently works in the Optometry Department as a quad-zero Corpsman and is the department's patient-relations representative.

Originally from Orlando, Florida, Alvarez has been in the Navy for five years. She joined "to serve this country and gain experience," she said.

She served her first tour at Naval Hospital Oak Harbor in Whidbey Island, Washington, where she worked in Patient Administration and on the Labor/Delivery Ward. She then completed her Field Medical Service Technician (FNST) training in Camp Lejeune, after which she served her second tour with Combat Logistics Battalion on the Marine Corps Air Ground Combat Center as an 8404 Corpsman alongside Marines for an additional two years. Her favorite moments of her service were when she worked with the Marines, noting "a sense of comradery that you can't really find anywhere else."

"I was very impressed with her ability to pick up all the procedures and special testing in the clinic. On her first day, she was already screening and pre-testing patients with great efficiency," said Lt. Michelle Mendoza, Optometrist. "She is a team

player, a hard worker, efficient, and a good communicator. She shows interest in her work and asks relevant questions to help better her skills and she performs her job to the best of her ability."

Alvarez's performance also earned the respect from her fellow Sailors. "She is a fast learner and takes initiative. She has been a great help to the Clinic," said Hospital Corpsman Third Class Veronica Vargas. Vargas also noted Alvarez's proactive work ethic--she avoids waiting until the next business day and completes her tasks as soon as she receives them, thereby expediting patient services.

To Alvarez, good leadership means practicing what one preaches. "If you expect much from junior Sailors, you should be willing and able to perform with them," Alvarez notes. Her mantra and desire to witness her own growing potential propelled her to perform at the level she did. "I need to know how well I can do when I do the best that I can."

Alvarez enjoys spending time reading and playing soccer. She looks forward to furthering her education in hopes of becoming a pediatric nurse. She advises junior sailors to "stay out of trouble. It's not really worth it. Enjoy this time before it passes you by."



Hospital Corpsman Second Class Wyatt Tungate (left) was awarded the Enlisted Aviation Warfare Specialist pin. Lt. Col. William Rothermel, Commanding Officer for VX-31, presented the award. "HM2 Tungate is attached to VX-31, but provides bi-weekly reports to BHC China Lake and is considered family to us," said BHC Officer in Charge, Lt. Cmdr. Michael Czigler.



Hospital Corpsman Third Class Stephanie Higgins was awarded the Enlisted Aviation Warfare Specialist pin, presented by Lt. Col. William Rothermel. Higgins received the Saworvski Aircraft award for her participation in a recent rescue.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey
Dear Tanya,

I've seen new large posters around the hospital that talk about research in different areas.

What are they for?
Signed,
Wondering Wanderer

Dear Wondering,
On April 10, several NHTP departments participated in the 2nd Annual Process Improvement Fair. Thirteen staff members submitted posters with the goal of promoting a culture of continuous process improvement. This is also an aspect of endeavoring to be a high-reliability organization. According to Vice Admiral Matthew Nathan: "A culture of safety, along with leadership and robust process improvement, are the key foundations of any high-reliability organization." The posters you mentioned reflect NHTP staff proudly displaying their

research, steps for improvement and results that advance the services offered to our patients.

We encourage you to take time to review the posters and ask staff in their corresponding areas about their projects. They will gladly share with you the advancements that have been made and the work that continues to occur in their respective departments. The process improvement team involves the entire command to include Branch Health Clinics in China Lake and Bridgeport. The NHTP team is always working to provide beneficiaries the best possible care in a timely and efficient manner.
--Tanya



Ms. Shannel Mathews represents the Radiology Department's First Place award.



Hospitalman Joshua Herrin, shows off his team's Second Place win.



Ms. Nikki Adams shows off Third Place representing her Lab Team.

May is Sports and Fitness Month

The weather is perfect for outdoor activities. Have you signed up to participate on any of our many sports teams aboard the Combat Center?

MCAGCC Sports offers seasonal teams for basketball, football, softball, soccer and volleyball. There are also varsity teams in basketball, softball, soccer, rugby, wrestling and roller hockey. MCCS Youth Sports offers programs from instructional to competitive for ages three to 18 years (still in high school) such as volleyball, soccer and t-ball and are a great way to get your child interested in athletics.

The Desert Winds Golf Course hosts an 18-hole, championship course that includes a 24/7 driving and putting range and clubhouse. Rental carts and clubs are available.

If you're looking to cool off while you workout, the Training Tank, located next to Sunset Cinema, is open year round and offers an Olympic-size swimming pool for training and recreational swimming. The Training Tank is available for unit training, lap swimming, recreational swimming, physical therapy and water aerobics. It can also be reserved for pool parties on a seasonal basis. Call for water aerobics class schedule and details on special events, Paddleboards, Kayaks and Peddle Boats.

Still getting acclimatized or just looking for indoor activities? Look no further than the gyms. At the East Gym you can play racquetball, relax in the co-ed

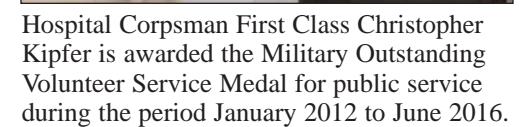
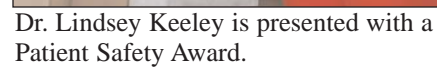
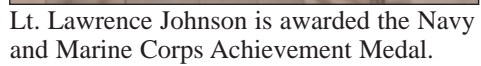
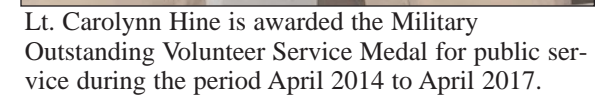
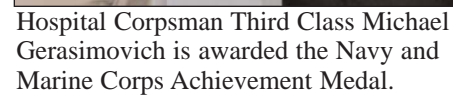
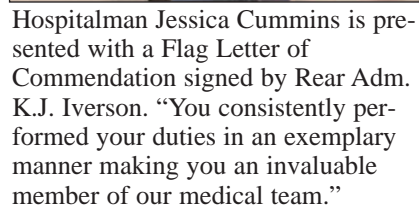
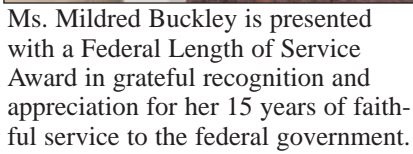
sauna, and get a great workout with the cardiovascular equipment, cable machines and free weights.

The West Gym offers a sauna, steam room, basketball court and cardio equipment. You can also enjoy basketball, volleyball, cross-training machines and complete upper and lower body circuit equipment.

Closer to some of our housing areas, there is the Community Fitness Center with rowing machines, steppers, elliptical machines, exercise bikes, treadmills for patrons 18 and older and a basketball court that can be reserved for team or individual use. Aerobics classes are offered through WellBeats on a daily basis. The facility provides basketballs and volleyballs at no charge.

Headed to the field and want to stay on track with your fitness goals? Camp Wilson's gym offers TVs and a speaker stereo system for your enjoyment. If you are looking to do more off base, give a call to Park and Rec for a full list of programs offered through the city of Twentynine Palms. Intramural Sports (760) 830-6857
MCCS Youth Sports (760) 830-3910
Desert Winds Golf Course (760) 830-6132
Training Tank (760) 830-6212
East Gym (760) 830-6440
West Gym (760) 830-6451
Community Center Gym (760) 830-3380
Park and Recreation (760) 367-7562
Camp Wilson Gym (760) 830-4353

The following awards were presented during the First Friday Award Ceremony, April 7, 2017, at the NHTP flagpole. Hospital Commanding Officer, Capt. John A. Lamberton, was the presenting officer.



BHC Dewert Thrives in Blizzard Conditions

By Hospitalman Caleb Young, Pharmacy Tech, General-Duty Corpsman, Front Desk Assistant, Supply Clerk, Dewert Branch Health Clinic

This last quarter has been eventful for the DeWert Branch Health Clinic at Bridgeport. As we enjoy multiple benefits of living on the crest of the beautiful Sierra Nevada Mountains, we also faced unique chal-

lenges. In the past few months, we have been barraged by sporadic blizzards, and barraged by up to four feet of snow overnight.

Mammoth Mountain, a ski resort located just south of us, received a record of 28 feet of snow in January. This was beneficial for our many cold weather

classes that utilize the ski resort. The blizzard also brought several challenges. We faced power outages throughout the area, the most recent one lasting over 12 hours. We also faced operational delays on the roads due to the aftermath of the storm. One of our shipmates was unable to use her vehicle until a few of our staff spent multiple off-duty hours helping to dig her out.

These challenges help our staff of 10 Corpsman, two military providers, and two civilian staff members surpass our expectations as our comradery remains strong. Our small size and remote location breeds a tight-knit community atmosphere like no other. For example, many of us carpool during the hour-long commute. We go on annual clinic ski trips. We host a clinic-wide breakfast before every advancement exam. We frequently go on weekend camping trips and swim in rivers during the summer. Our most popular event is the annual Turkey bowl, where our clinic team annihilated the incumbent champion team, only to lose in the championship game.

Despite the challenges, DeWert Branch Health Clinic at Bridgeport upheld its mission and rendered needed care without compromising the morale of our shipmates. Although we anticipate more challenges as the year progresses, our spirit carries us through any and all obstacles, including high Nevada-Sierra Mountain blizzards.



View of the Sierra-Nevada Mountains from Dewert Branch Health Clinic, Bridgeport, California.



Cold weather acclimatization training at the Marine Corps Mountain Warfare Training Center, Bridgeport, California.

Process Improvement, continued from Page 1.

their poster, *Blue Wrap Blues/Main Operating Room and Sterile Processing Department.*

Ms. Nikki Adams, representing Lt. Theo Cunningham and the entire Lab Team, won third place for their poster that described significantly reducing

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positive urine culture turn-around times.

“Previously, the turn-around time was six to eight days,” Ms. Adams explained. “We got it down to a day and a half. This will greatly improve patient care and satisfaction.” Ms. Adams credited new media plates for the greatly reduced turn-around time.

MCAGCC 2017 5-km SAPR Race



Top: Lt j.g. Betsy Albers and Lt. j.g. Allison Baker assisted with registration and color bombs during the April 7 race. Bottom: Race participants throw color packs in celebration of the race completion. The race was one event in the month-long effort to bring education and awareness concerning sexual assault prevention and response. (Photos by Lt. j.g. Qianning Zhang)

Introducing New Staff -- Welcome Aboard!



HN Kymono Harding

Hospitalman Kymono Harding arrived from three months of training at the Field Medical Training Battalion, Camp Pendleton. Before that, he was at the Walter Reed National Military Medical Center where he worked on the Medical-Surgical ward. He's been in the Navy three years. He's a former high-school and college math and science teacher with a degree from Emory University, in Atlanta. He has degrees in psychology and educational studies. Harding joined up for a career change. HN Harding was pre-med before switching to education studies and still hopes to apply to the Uniformed Services University of the Health Sciences. "My advisor suggested I try being a Corpsman first to see how I like it," Harding said. "So far, I like it pretty well," he continued. His goal is to specialize in orthopedic medicine. Harding was born in Trinidad, Tobago. He came to the U.S. when he was 13. Hobbies include snow boarding, hiking and visiting the beach.



Ms. Jadda Walden

Ms. Jadda Walden came aboard to work as a medical clerk on the Medical Homeport Blue Team. Hometown is Marshville (home of Randy Travis), North Carolina. She is here with her husband, assigned to 2nd Battalion, 7th Marines. The Waldens have been living in Twentynine Palms for about 15 months. "It's different. It's hot and it's pretty," Ms. Walden said. "It's a different view than North Carolina," she noted. Ms. Walden appreciates the area's low humidity and said she and her husband seem to be avoiding respiratory ailments. Her husband enjoys rock climbing, which Ms. Walden says, "helps him pass the time." Ms. Walden enjoys shopping, site seeing and travel. "We're trying to see all that we can while we're here," she said. They've been to Sea World and visited Hollywood, which they enjoyed. Ms. Walden particularly likes the drive into Palm Springs. "The windmills and the mountains topped with snow are striking," she noted.



HM2 Evan Kanack

HM2 Evan Kanack arrived from Naval Hospital Camp Pendleton where he was a general-duty Corpsman on the Multi-Service Ward. Previous to that, he was a sick-call supervisor at Camp San Mateo, Camp Pendleton. Kanack's first assignment was at Naval Health Clinic Hawaii, where he admitted, "It was difficult being inside when it was so beautiful outside." Kanack credits that assignment with solidifying the core values he learned in Corpsman school. "I learned about patient care, administrative aspects, and how to be a Corpsman," he said. Kanack intends to stay in patient care and plans to attend Independent Duty Corpsman School, following this assignment. He's interested in herpetology and wants to pursue a college biology degree to delve into that field. A native of Loveland, Colorado, he said, "I've loved snakes, reptiles and amphibians since I was a kid." He enjoys going fishing with his wife, as well as rock climbing, and hiking.



Ms. Jennie Pyle

Ms. Jennie Pyle is familiar to those who have been here longer than two years. She's arrived for a position on the Multi-Service Ward; but she worked in the Deployment Health Clinic and the Pediatric Clinic (before it was merged into the Medical Homeport) for three years, prior to departing in 2015. "I'm excited to be back," she said. She likes that its "a smaller community, family atmosphere, friendly environment and just all around good people," she said. She and her husband, a U.S. Marine Master Sergeant, went to the Houston area for a compassionate assignment. Registered Nurse Pyle worked on the pediatric oncology ward of a local hospital there. Pyle has a BA in kinesiology; and she earned her RN degree from Azusa Pacific University. She says she's looking forward to returning to adult care, but also intends to return to pediatric care. Originally from Glendora, California, the Pyle family is happy to return to their home in Yucca Valley.



HN Amber Foose

Hospitalman Amber Foose hails from Londonderry, New Hampshire. She joined up six months after graduating from high school. Her primary goal was to leave her hometown of 24,000 but also to enter the medical field in which so many of her family members work as nurses. "My mom is a clinical nurse anesthetist and everyone else I look up to is an RN," Foose said. She arrived from Naval Hospital Pensacola where she was a general duty Corpsman in the Family Medicine Clinic. Foose met her husband, a fellow Corpsman, in Pensacola. "I walked by him everyday and didn't know who he was, but he said 'Hi' and I had no idea who he was." And one thing led to another. Hospitalman Foose wants to pursue a nursing degree and hopes to combine nursing and psychology. For hobbies, she enjoys acrylic abstract painting and spinning poi, a performance art that involves swinging tethered weights though a variety of rhythmical and geometric patterns.

Robert E. Bush Family Visit and Renew Old Friendship

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The Benefits of Walking

Thinking about adding more physical activity to your day? Walking can be a great way to get more active.

Walking is the most popular physical activity among adults, and it's easy to see why. It requires no special clothes or equipment, and it's free.

Regular walking can have many health benefits. It may lower your risk of high blood pressure, heart disease, and diabetes. It can strengthen your bones and muscles. It may help you maintain a healthy weight. It might also help lift your mood.

Make walking fun by going to places you enjoy, like a shopping center or park. Bring along someone to chat with, or listen to some of your favorite music (but keep the volume low enough to hear the sounds around you).

Think about safety as you plan when and where to walk. Walk with others when possible, and take a phone and ID with you. Let someone know your walking time and route. If it's dark outside, wear a reflective vest or brightly colored clothing. And always be aware of your surroundings.

Try these tips to help make walking a part of your daily routine.

Reprinted from the National Institutes of Health website: <https://www.nih.gov/health-information>. This month's newsletter also has tips on talking to your doctor and understanding food allergies.



The Robert E. Bush family visited the Robert E. Bush Naval Hospital April 7. Son, Mick Bush is in the red shirt and daughter Susie Ehle is in the blue floral pattern on the right.

The Robert E. Bush Naval Hospital was named after Congressional Medal of Honor recipient Robert Eugene Bush, a U.S. Navy hospital Corpsman who was awarded the nation's highest military decoration for valor, the Medal of Honor, for his actions above and beyond the call of duty while attached to Marine Corps rifle company on May 2, 1945, during the Battle of Okinawa, in World War II (Wikipedia). On May 2, 2000, Naval Hospital Twentynine Palms was renamed the Robert E. Bush Naval Hospital, in recognition of the youngest U.S. Sailor to receive the Medal of Honor in WWII.

On April 7, Robert E. Bush's son, Mick Bush and his daughter, Susie Ehle, as well as spouses, children and grandchildren, visited the hospital to impart a sense of history to the Bush family younger generation and to present a copy of Tom Brokaw's book, *The Greatest Generation*, to hospital Commanding Officer, Capt. John Lamberton. The book was signed by Robert E. Bush, Mitch Page and Joe Foss.

Lt. Temitope Ayeni, currently Department Head for the naval hospital's Material Management Department, took part in the visit with a personal memory and picture.

On June 14, 2003, then Hospital Corpsman Second Class Temitope Ayeni was serving with the 3rd Battalion, 8th Marines, on the island of Okinawa when he decided to attend the 105th Hospital Corpsman Birthday Ball at the Butler Officer's Club. Robert E. Bush was attending the ceremony as the Corpsmen Birthday Ball guest of honor.

"I asked if he would pose for a picture with me and my Marine Corps platoon and when he saw that I was a Navy Corpsman, he called me "Doc" and said I must be pretty good to have my whole platoon accompany me."



Lt. Temitope Ayeni (center) shares memories of their father/grandfather/great grandfather with the Bush family in the Robert E. Bush Naval Hospital Command Conference Room.



Hospital Corpsman Second Class Temitope Ayeni posing with his Marine Corps platoon and Congressional Medal of Honor recipient, Robert E. Bush at the 105th Hospital Corpsman Birthday Ball on the island of Okinawa in 2003.

"It was extremely humbling for me and my Marines to meet Robert E. Bush," Ayeni said. "He told sea stories and made all of us feel comfortable. We were extremely proud to have met him."

During the April 7 Bush Family visit, Lt. Ayeni recounted meeting their dad/grandfather/great grandfather and presented the family with a photograph from that visit. As the Bush family, senior hospital leadership and Lt. Ayeni traded Robert E. Bush memories and anecdotes, the emotion was palpable and there were more than a few tears shed in fond remembrance.



Spring Fling! NHTP staff and families enjoyed an evening of fun, food and celebration during the April 20 event sponsored by the Morale Welfare and Recreation committee. Right: Raffle winners pose with their baskets.



Chief Hospital Corpsman Madonna Macnight offers stress relief in conjunction with the Alcohol and Drug Abuse Prevention Program (DAPA).

